

D5BPS2204

Reg. No.....

Name: .....

**FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2024**  
**(Regular/Improvement/Supplementary)**  
**PSYCHOLOGY**  
**GPSY5B09T: PSYCHOLOGICAL COUNSELLING**

**Time: 2 Hours**

**Maximum Marks: 60**

**SECTION A: Answer the following questions. Each carries *two* marks.**  
**(Ceiling 20 Marks)**

**Write short notes on:**

1. Unconditional positive regard.
2. Termination.
3. Counselling for terminally ill.
4. Role playing.
5. Helping relationship.
6. Reflecting.
7. Geriatric counselling.
8. Catastrophizing.
9. Informed consent.
10. Ethical dilemma.
11. Paraphrasing.
12. Counselee.

**SECTION B: Answer the following questions. Each carries *five* marks.**  
**(Ceiling 30 Marks)**

13. How can a counsellor help client in stage I of Egan's model?
14. Differentiate between counselling and psychotherapy.
15. According to Roger's what are the therapist attributes that creates a growth promoting climate for clients?
16. Describe briefly the techniques which use a hierarchy of anxiety arousing situation for treatment.
17. "Confrontation is a technique to be used very cautiously" – Explain.
18. How can silence be used as a tool in counselling? What are its benefits to counsellor and client?
19. What is the relevance of open ended questions in counselling?

**SECTION C: Answer any *one* question. Each carries *ten* marks.**

20. Detail the conditions facilitating effective counselling.
21. Elucidate and explain the ethical principles in counselling.

**(1 x 10 = 10 Marks)**